

Back at Work

- Starting work mid-week may help you and baby adjust.
- Breastfeed before leaving home, at the childcare center, and after work.
- Pack items you will need throughout the day, including a cooler bag, ice packs, bottles, breast pump and accessories.
- Pack nutritious food and drinks to help you maintain your energy.
- Keep extra breast pads available in case you experience leaking.

Maintaining Your Milk Supply

- Express milk before your breasts feel too full.
- Massaging your breasts while pumping will help to promote milk flow and increase your supply.
- Your baby may want to breastfeed more often when you are together. This is normal and will help you keep up your milk supply.



Support Breastfeeding... It's Worth It!

Do you have questions about breastfeeding?

Please call your local WIC clinic or 1-888-655-2942.

Oklahoma Breastfeeding Hotline 1-877-271-MILK (6455)
24 hours a day, 7 days a week.

Oklahoma State Department of Health Breastfeeding website <http://bis.health.ok.gov>



Oklahoma State
Department of Health

A special thanks to Adrianna Halstead, WIC's Breastfeeding Peer Counseling Specialist, who is featured in the photos with her twin boys, Preston and Wyatt. She has been successfully breastfeeding her twins while working full time. Photo courtesy of Sara's Photo Creations, LLC <http://www.sarasphotocreations.com>

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Breastfeeding & Returning to Work



Returning to work can be a stressful and emotional time for mothers. You may be worried about leaving your new baby, while wondering if you can continue breastfeeding. Many mothers continue to breastfeed after they return to work. **You** can too!

Getting Ready

- After having your baby, take as many weeks off work as you can.
- Breastfeed often to build up a good milk supply.
- Practice expressing your milk by hand or with a quality breast pump. Freeze a few servings to be given to your baby after you return to work.
- Shortly before returning to work, help your baby adjust to taking breast milk from a bottle. Your baby may take a bottle more easily from someone other than you.
- Talk with your family and let them know you are counting on them for support.



Childcare

- One of your most important decisions will be choosing someone to care for your baby while you are at work.
- Try to find someone that is close to your work and supports breastfeeding.
- A relative or friend may be willing to bring the baby to you for feeding, at least during your lunch break.
- Visit your childcare with your baby a few times before beginning work.
- It may be helpful to go through at least one practice run of leaving your baby with the caregiver for several hours or the length of your workday.



Planning Ahead by Talking to Your Employer

- Schedule a time to talk with your employer.
- Before you meet, practice what you are going to say.
- At your appointment:
 - * Explain why breastfeeding is important to you.
 - * Explain that a healthier baby will make you a more reliable employee.
 - * Refer your employer to the Oklahoma State Department of Health Breastfeeding website at <http://bis.health.ok.gov> for resources on Working and Breastfeeding.
 - * Talk about your desire to either breastfeed your baby or pump onsite.
 - * Have a plan ready that includes how often you will need to pump or breastfeed your baby onsite. Offer to come in early or stay late to make up the time.
- * Ask about using a private place, other than a bathroom, to pump or breastfeed.
 - If using a cubicle, a shower curtain rod or wooden dowel can be used to hang a large curtain for privacy.
 - If using an office where the door doesn't lock, hang a sign outside the door when pumping or breastfeeding.
- * Share your plan to store your milk.
 - An insulated bag with ice packs can be used to store fresh milk up to 24 hours.
 - It is safe to store breast milk in a shared staff refrigerator.
- * Be open to questions your employer may have. Work together to reach solutions that benefit both of you.



Scheduling Pumping Sessions

- During your workday, plan to pump your breasts often to keep them comfortable and producing milk. This may be 2-4 times during a typical 8-hour workday.
- Before you pump massage your breasts with clean hands to relax. Have a picture of your baby, or something that smells like them, to help your milk flow.
- Try to keep a routine. Skipping or postponing pumping may affect your milk supply.
- The more you pump, the more milk you make. Make pumping regularly a priority.



- If you have a long drive before you see your baby, try adding another pumping session before leaving work
- When you are reunited with your baby, it may help to pump the other breast at the same time your baby is nursing, to prevent leaking and have more milk for the next workday.